

NFTY is a place where everyone involved can become better educated on social issues, immerse themselves in services, and mosh to their heart's content, but something that sometimes gets forgotten amidst our busy lives is to just take a moment to stop and reflect. Therefore, this program would allow participants to have a chill experience and wind down from the stressors in their daily lives, while also giving them the chance to make their NFTY experience more impactful.

This program would start with 15 minutes of guided meditation that would begin the process of helping participants wind down. After the meditation then everyone would have an opportunity to make a time capsule of sorts for themselves. Participants would be given time to spread out and write out answers to questions such as what was your favorite moment of the event, what was an impactful conversation you've had, or who is someone you hope to talk to before the end of the year. After roughly 20 minutes of writing and reflecting on the given questions or anything else participants were looking to remember and write down, participants would all reassemble as a group again to make a poster. This poster would be split into two sides, one labeled highlights and the other goals and participants would be able to write on sticky notes any highlights from the event and goals for the future in NFTY or in general on the poster.

The point of this program is to give MARites the opportunity to have time during the weekend to record some of their favorite moments to have something to look back on later. In years past when I've attended summer camp, I made a point of writing things down and those memories are some of my favorites to look back on and relive those experiences. These time capsules can also be helpful for thinking about personal goals. It's very easy while in the middle of a program about civic engagement to stay passionate for change, but easy to become complacent again once home, so if you are able to relive those memories and feelings of empowerment, it can help to fix this issue. My hope would be that this program helps MARites to be able to better understand their favorite parts of the weekend, think about what they want from the future of NFTY, and be better able to remember it in the weeks and years to come.